

What is the impact of liquids versus solid foods on energy intake and body weight?

The 2005 DGAC asked the question “What is the evidence to support caloric compensation for liquid versus solids foods?” They concluded that this was an unresolved issue and that evidence on whether liquid and solid foods differ in their effect on calorie compensation was conflicting. Therefore, the 2010 DGAC extended the search for this review to January 2000. This review only included studies that compared a liquid to a solid or semi-solid form. Further, only articles that considered energy intake and/or body weight were reviewed. Although additional research on food form and appetite, hunger, and related outcomes are available, these outcomes were not addressed in this aspect of the review.

Systematic Review Questions:

 [What is the impact of liquids vs. solid foods on energy intake and body weight? \(DGAC 2010\)](#)